Lily Bulbs, Red Dates and Snow Pear Soup

Ingredients:

Snow Pear	2
Red Dates	40g
Lily Bulbs	40g
Water	8 cups
Rock Sugar	200g

Steps:

1. Rinse the red dates.
2. Soak the lily bulb for 20 minutes.
3. Peel the snow pears, cut in quarters. Cut off the cores.
4. Bring the water to boil. Add the red dates and lily bulb.
5. Add the snow pears. Bring water to boil, then simmer for 1 to 2 hours.
6. Sweeten with the rock sugar.

Tips:

Tianjian snow pears is the best type of pear to use in sweet soup.

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